



SANDRA DOLLEN

IFAPA Peer Liaison

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Connect with me on Facebook. Email me to find out more.

**I UNDERSTAND...
I AM A FOSTER PARENT TOO**

IFAPA recognizes that foster parents often need the perspective of peers during the foster parenting and adoption experience.

I can provide support and assist you with questions regarding:

- Licensing requirements
- Training needs
- Respite care
- Behavior challenges
- Working with birth families
- Confidentiality issues
- And much more!



www.ifapa.org

7 Reasons Why Time-In and NOT Time-Out

Experienced parents often want to share with foster and adoptive parents how to raise their children, they may tell you to put your child in time-out, spank them, and offer a plethora of other solutions. Problem being, a biological child thinks very differently than a child who's worried about where their next meal will come from, if someone will come when they cry, if that someone who comes will hit or kick them. Raising a hurting child looks different, and that's okay. Because it looks so different, I am here to give you solutions that do work. So, here are some reasons why time-in is better than time-out for a hurting child.

1. Sending a hurting child to their room causes them to feel fear. Many of our children lived in fear before they came to us.

2. Hurting children don't have the ability to self-regulate.

Hurting children are unable to regulate their emotions, and they need our help.

3. Being alone doesn't heal.

Keeping your child near you will aid in the healing process.

4. A hurting child can't calm the chaos on their own.

A traumatized child tries to *recreate that chaos* in their real world because the calm makes them uncomfortable.

5. Time-outs don't build trust.

When we send a child to time-out, they don't know if they can trust us. A hurting child has difficulty trusting caregivers.

6. Time-outs don't build relationships.

Sending them away will not build your relationship.

7. The lack of feeling safe makes our kids want to control their environment.

Your child's fears stem from their life prior to meeting you.

NEWS FROM YOUR IFAPA PEER LIAISON

IFAPA's FALL 2016 CONFERENCE



http://www.ifapa.org/training/ifapa_conference.asp

ABOUT THE CONFERENCE

Friday & Saturday, October 28 & 29, 2016

Coralville Marriott Hotel & Conference Center

[VIEW CONFERENCE AT A GLANCE FLYER](#)

[VIEW CONFERENCE BROCHURE](#) (Register via mail)

[VIEW CONFERENCE ONLINE](#) (Register online)

CONFERENCE LOCATION

Coralville Marriott Hotel & Conference Center

300 East 9th Street, Coralville

To make room reservations, call: 319-688-4000

Does Your Foster Teen Need \$ for Activities?

IFAPA has received special money from Chafee Funds for teens (**age 14 and older**) in foster care that can only be requested through June 30, 2017. This special grant can be accessed through

IFAPA's Friends of Children in Foster Care Program. These grants will be available for up to \$500 per youth for items such as: extracurricular activities, senior photos, prom attire, class rings, summer camp, etc. To apply, complete a [FRIENDS APPLICATION](#).

Happy
Halloween!



Ingredients:

- 18 Pretzel Rods
- 12 Ounces White Melting Chocolate
- Candy eyes

Melt chocolate according to package.
Dip pretzel rods into white chocolate,
Covering about 2/3rd of the pretzel rod.
Gently tap pretzel rod on the side of the
Bowl to remove excess chocolate.

Place candy eyeballs on each pretzel,
(if they slip off then let the chocolate
sit for about a minute). Place on wax
paper and set aside.

Carefully spoon remaining chocolate
Into a zip lock bag or a squirt bottle.
If using a bag, snip of a small corner.
Drizzle chocolate over pretzels, being
careful not to cover the eyes. Let chocolate set completely before serving.

Source: www.letsdishrecipes.com